

# Dare The New Way to End Anxiety and Stop Panic Attacks

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## BOOK DETAILS

- Author : Barry McDonagh
- Pages : 242 Pages
- Publisher : BMD Publishing
- Language : English
- ISBN : 0956596258

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## **BOOK SYNOPSIS**

DO NOT READ THIS BOOK IF YOU WANT TO JUST "MANAGE" YOUR ANXIETY  
Theres a new and faster way for anxiety relief, but few have ever heard it. Most people are advised to either just "manage" their anxiety or medicate it away. If youre tired of just managing your anxiety and want a powerful natural solution, then apply the Dare technique as explained in Barry McDonaghs latest book. Based on hard science and over 10 years helping people who suffer from anxiety, Barry McDonagh shares his most effective technique in this new book. The DARE technique can be used by everyone, regardless of age or background, to live a life free from anxiety or panic attacks. In this step-by-step guide you will discover how to: -Stop panic attacks and end feelings of general anxiety. -Face any anxious situation youve been avoiding (driving/flying/shopping etc.). -Put an end to anxious or intrusive thoughts. -Use the CORRECT natural supplements to relieve anxiety. - Boost your confidence and feel like your old self again. -Fall asleep faster and with less anxiety each night. -Live a more bold and adventurous life again! IMPORTANT: THIS IS MUCH MORE THAN JUST A BOOK It also comes with a free App for your smartphone as well as four audios for quick anxiety relief. With these new tools you can apply the DARE Response in any situation that makes you anxious (e.g. driving/shopping/traveling). Help is now just a click away. You can learn more at: <http://www.DareResponse.com>

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